

ADF PARKINSON'S MOVEMENT

FREE CLASSES

2024 Winter/Spring Term: January 8–May 5
Closed for Spring Break: March 25–29

INITIATIVE

In-Person PWRMoves! Parkinson's Wellness Recovery

with Rebecca Bliss

Thursdays at 2:00–3:15 pm

January 11 – May 5



In-Person Dance for Parkinson's

with Heather Bryce

Wednesdays at 2:00–3:15 pm

January 10–March 20

with Rebecca Bliss

Sundays at 11:30 am–12:45 pm

April 21–May 5

Virtual Dance for Parkinson's

with Susan Saenger

Fridays at 11:00 am–12:15 pm

January 8–May 5



In-person classes held at

ADF Scripps Studios
721 Broad Street, Durham, NC 27705

Questions? Please call 919-797-2871
or visit americanandancefestival.org



Scan to Register

William R. Kenan, Jr.
Charitable Trust



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William R. Kenan, Jr. Charitable Trust, RTI International, and individual donors.